

SNACKS!

We all love them, but kids really need them!

- A snack for an adult is often a treat. But a snack for a young child is important because children don't eat much at meals. They need snacks to go and grow!
- Most parents find it easier to give their child a regular snack time in the middle of the morning and afternoon. It saves a lot of trips to the kitchen.
- Snacks are best about 1½ to 2 hours before the next meal. If you give a snack or drink an hour before a meal, it can cut your child's appetite.
- Sometimes you may have to give a snack close to mealtime because your child is too hungry to wait. Try giving some part of the meal like milk, bread or a salad.

Snacks “last longer” with some protein in them.

- A snack with some protein in it will keep your child from getting hungry again soon. Protein foods are foods like milk, cheese, yogurt, meat, chicken, peanut butter and eggs.

Think of snacks as small meals between bigger meals.

- Give your child the same kinds of foods you would give at mealtime.
- For some ideas on snacks, see the list on the other side.

What Foods Make Good Snacks?

- ✓ **Fruits!** Bananas, watermelon, cantaloupe, apples, oranges, strawberries...and of course fruit juices.
- ✓ **Sandwiches!** You can make so many kinds of sandwiches. Try something new like peanut butter and banana. How about a tomato sandwich or grilled cheese sandwich? Or try making a sandwich on an English muffin or a bagel.
- ✓ **Try yogurt with fruit** or make some pudding with milk.
- ✓ **Cheese toast!** Just melt some cheese on a piece of toast.
- ✓ **Low sugar cereals,** with or without milk.
- ✓ **Crisp vegetables** if your child can eat them. Or cold leftover vegetables they can eat with their fingers.
- ✓ **Leftovers** from family meals make great snacks!

Do Other People Spoil Your Child With Sweets And Junk Foods?

- ✓ Try sharing this handout with them. Let them know how much they can help you and your child by giving healthier snacks.
- ✓ Suggest specific snacks to give or take a favorite healthy snack to feed your child at snack time.
- ✓ Encourage others to “treat” your child by doing things you might not have time for, like games and art projects. This is much better for your child than candy and TV!

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